

## WELLNESS SUBCOMMITTEE MEETING

April 23, 2009 ~ 7:05 start time

Members present: Joanne Bonollo, Tammy Drape, Erika Moore, Joe McNamara, Ray Pita, Karin Wetherill, Ken Bowdish, Linda Mendonca, Adriana Vargas, Anne Bickel, Dr. Nasin

Secretary's Report-Minutes will be available at the next meeting.

Presentation-Adriana Vargas, Director of Marketing & Community Outreach at Blackstone Valley Community Health Care. (42 Park Place Health Center). Looking to help wellness community and assist. Works with the community in Pawtucket. Offers health screenings and curriculum and adult education. . Willing to talk to parents and students about the programs offered.

May 16<sup>th</sup> is the Baldwin health fair.

Sodexo Report-Sodexo put in for capital equipment grant money from federal stimulus money. Equipment is based on needs. (Sneeze guards, refrigeration equipment, salad display equipment, portable hand sinks, etc.) \$41,000 total equipment requested.

Fresh Fruits and Vegetables launch at Curvin McCabe Elementary School. During the surgeon general's visit. Each school sets the guidelines for distributing the snacks. The program is not part of the school lunch program. Program is very receptive from students. Next application goes out April 27<sup>th</sup>. Only elementary schools and 50% reduced lunch eligibility requirements to apply. Pawtucket elementary schools are eligible to apply for grant.

Joanne asked to put free and reduced lunch application online and students will get a pin number. Pay online option for lunch should start in September hopefully.

Kids First Health Report-apple and potato costumes are now available to use at health fairs and programs. These will be used to help promote the programs.

Neighborhood health plan-a handout was presented with over the counter medication that is covered for members with a prescription.

Eating healthy on a budget- 5 schools completed, three more dates scheduled before end of year. Other communities are taking the idea and using the program. Woonsocket, Cranston, Providence. Grant funded. April 30<sup>th</sup> is the next presentation date at Baldwin Elementary. Goff Junior High School is May 6<sup>th</sup>, and Slater Junior High School is May 7<sup>th</sup>. ALP will be asked to join the Slater presentation. The remainder of the Pawtucket schools will be done next year.

Fuel up to Play- middle schools (3), Will try to be involved. Letter of intent from schools is needed from the schools. There is about 5k grant money for participating.

Website-all information is up to date and on the website.

Newsletter- to be printed this weekend

School garden information

Health curriculum- Being worked on now. There needs to be consistency throughout the district especially sexual education and talking about condoms. Share effective methods between nurses.

Us Surgeon Generals visit (3/27/09)-went well. Not a lot of publicity. Need pictures to promote the day.

Universal BMI screenings-Dr Nasin will begin in the fall in grades 1-10 with height and weight measurements. Presently K and 7 screenings data are being recorded from physician physical forms. Some kids may not see a doctor for years between screenings.

Dr. Nasin and her associates will bring own scale and measuring tools for consistency in measurements. Need to work on what is the best way to inform parents of data.

My turn RI-Anne Bickel has a summer program. 15 students in a 6 week health lifestyles program. Students paid for participation. Involves high school kids. Participants will be educated on Mondays and then the participants will share info to other kids on Tues, Wed, Thurs. Program covers healthy choices. Program is part of a service learning project and summer workforce stimulus package money.

Next meeting is Thursday, May 14<sup>th</sup> 7am.

Adjourn: 8:40am